

# Italian Bean Soup

Rating: ★★★★★

Makes: 18 servings

## Ingredients

**1 can** great northern beans (15 ounce)  
**1 can** red kidney beans (15 ounce)  
**2 cans** pinto beans (15 ounce)  
**46 fluid ounces** tomato juice (or V-8 juice)  
**1 can** Italian style or stewed tomatoes (15 ounce)  
**1 can** vegetable broth, low-sodium (15 ounce)  
**1 can** green beans (15 ounce, drained)  
**1 1/2 tablespoons** Italian seasoning  
**1** onion (medium, chopped)  
**1/4 teaspoon** black pepper  
**2** garlic clove (fresh)

## Directions

1. In a large pot, combine all ingredients.
2. Cover and simmer for 30 minutes.
3. Serve with Italian or French bread or whole-wheat rolls.

## Notes

Beans are a healthy high-fiber alternative to meat. Freeze leftovers in plastic sealed containers with 1/2-inch air space under the lid.

University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	0.5 g	1%
Protein	6 g	
Carbohydrates	21 g	7%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	470 mg	20%